


Movement and Relaxation Yoga Skill Assessment

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| Name: | skill: Forward Fold |
| Critical Instances | Personal Execution |
| <div data-bbox="206 415 756 968">A photograph of a person with blonde hair tied back, wearing a purple t-shirt and black leggings, performing a Forward Fold (Uttanasana) on a blue yoga mat. They are standing on their feet, bending forward at the hips, with their arms extended towards their feet. The background shows a gymnasium setting with other people and mats.</div> <p>Begin in Mountain. Inhale and raise your arms over your head. Exhale as you bend forward at the hips. Continue to exhale, bringing the arms forward and descending the body beginning with the head dropping forward, followed by the upper back, continuing along the spine until you are hanging forward. Breathe easily as you hang. Your fingers may or may not touch the floor. Relax your arms and let them hang. Hold. Use an inhalation to help you return to standing, reversing the process by which you descended, so your head lifts up on the top of your neck last.</p> | |